No Cook Summer Snacks

On hot and humid days cooking can be the last thing you want to do. Here are a few no cook snacks and light meals to keep you well fed without turning on the oven.

- Try a chef or Cobb salad—chop up deli meat, cheese, and eggs and use it to top a salad with tomatoes, cucumbers, and lettuce
- Grapes, cheese, and nuts—this combo has healthy fat, fiber, and protein to keep you energized
- Carrots, celery, and hummus—a refreshing and quick snack
- Make your own popsicles—you can buy popsicle molds or use ice cube trays that you already have
- Dip cut apples into peanut butter

National Blueberry Month

August is National Blueberry Month. After apples and bananas, berries (blueberries plus others) are the third most consumed fruit in the US.

Blueberries are great eaten alone, blended into smoothies, as a topping for salad, or as a mix-in for baked goods.

Coming in at 84 calories per cup and providing nearly 4 grams of fiber, blueberries are a great snack food. To top that off, blueberries are 84% water, helping you stay hydrated during this hot summer month.

Blueberries are a good source of antioxidants. Antioxidants are compounds that may reduce age related health risks like cancer.
Blueberry Chicken Pasta Salad with Field Greens

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1 1/2 cups blueberries
- 3 cups penne pasta, whole wheat, cooked and drained
- 12 ounces chicken breast, boneless and skinless, cooked, cut into 1" pieces
- 4 cups mixed leafy greens
- 1/2 cup red onion, chopped

Directions:

1. Blend or whisk first four ingredients together to make the vinaigrette
2. In a medium size bowl, toss remaining ingredients with dressing.

Serves: 4, 3 cups each

Source: What’s Cooking? USDA Mixing Bowl
Retrieved from: ClickNCook.org

Recipe Facts

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<th>Amount Per Serving</th>
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* Percent Daily Values are based on a 2000 calorie diet.

Nutritious Bytes

Looking for recipe inspiration? Check out Click ‘N Cook®, our online recipe database at ClickNCook.org
What Can You Do With ... Zucchini?

Choosing: Choose zucchini that are firm without any soft spots. Zucchini come in a variety of shapes and colors including solid yellow and green with yellow ridges.

Storing: Store in an open plastic bag in the fridge. For best taste, use before they become soft or wrinkly (usually about 3 days).

Preparing: Scrub the skin of zucchini to remove any dirt. Cut the ends off of each side. Typically the skin is left on.

Cooking: Zucchini can be eaten raw and the ways to cook it are endless. Grilled, sautéed, and spiralized zucchini are delicious switches from the old standby of steaming. Zucchini can become very watery if overcooked.

Uses: Try swapping spiralized zucchini for 1/3 of your linguine or spaghetti to add extra veggies to pasta dinner. Shred zucchini and add into omelets or baked goods. Zucchini takes flavor well so you can toss it into stir fry or pasta dishes without impacting the flavor.

Nutrition: Zucchini are about 95% water. Zucchini are also loaded with Vitamin C, B6 and potassium.

Fun Fact: Zucchini can grow to over 3 feet in length.

Zucchini Chive Dip

Ingredients:
1 8-ounce package cream cheese, softened
3 tablespoons low fat milk
1 cup zucchini, shredded
3 tablespoons chives, fresh chopped
1/8 teaspoon salt

Directions:
1. In a medium bowl, mix cream cheese and milk until well blended.
2. Mix in the zucchini, chives, and salt.
3. Chill in the refrigerator about 1 hour before serving.

Makes 20 Servings, 2 tbsp each
The Why and How of Washing Produce

Produce that looks squeaky clean can still have traces of dirt, pesticides, and bacteria. While there are standards in place to limit the amount of contaminants on your produce, there are many places in between the farm and your home where produce can pick up bacteria. Just think about all of the hands at the grocery store deciding which apples to buy.

Here’s how to wash produce:

- Make sure to wash your hands first with soap and water.
- Wash produce immediately before use. Washing it too early can cause it to spoil faster.
- Most produce will get clean enough with just water and a good rub with your hands.
- FDA does not recommend using any kind of soaps, detergents, or special washes to clean produce.
- Don’t forget to wash produce with hard peels like melons and oranges. Any dirt on the outside can get on the fruit when it is cut or peeled.
- Exceptions to the rule: Root veggies will benefit from scrubbing them with a veggie brush to get off the extra dirt. Berries are fragile so place them in a strainer and let water run over them. Lettuce also needs special care because dirt can hide in between all of the leaves. Put leaves in a large bowl with water. Stir the lettuce around and change the water a few times until the water stays clean. Remove leaves by lifting them out; pouring into a strainer with allow the settled dirt back on to the leaves.

Note: If produce is recalled do not try to wash it. Just throw it away.